



Informed Consent

Life Coaching and Equus Coaching are not currently regulated industries. Thus, it is the responsibility of the client to determine the effectiveness of the services rendered. It is a fast-paced, collaborative process, designed to encourage change. Equus Coaching utilizes on-the-ground activities with horses to support, challenge, inspire and assist you in meeting your goals.

Coaching is not psychotherapy or counseling. It does not address mental disorders as defined by the American Psychiatric Association. Your coaching sessions are not a substitute for counseling, psychotherapy, mental health care or substance abuse treatment. If you feel emotionally or psychologically stressed or distressed or if you feel that your stress is interfering with your day-to-day ability to function, please seek help from a mental health professional. Your coach can give you referrals if needed.

Please initial each statement and sign below acknowledging the following:

- I understand that Equus Coaching is a potentially powerful alliance designed to help a client achieve specific, identified goals.
- I understand that it is my responsibility to be as honest as possible with my coach in order for us to address both progress and challenges.
- I understand that the Equus Coaching services I will be receiving from my coach are not a substitute for counseling, psychotherapy, mental health care or substance abuse treatment. I also understand that my coach is not acting as a counselor or psychotherapist, and that my coach does not offer mental health services.
- I understand that my coach will maintain the confidentiality of my identity and of our communications and sessions to the extent defined by the laws of the states in which each of us resides, except under certain circumstances described below.
- I understand that if I appear to be, or indicate that I am, a danger to myself or to others, my coach is required, by law, to notify the appropriate mental health professionals and/or authorities.
- I understand that my coach may be required to notify the appropriate authorities if there is suspicion of child abuse or elder abuse.
- I understand that all activities/exercises with horses and all comments/ideas offered by my coach are solely for the purpose of aiding me in achieving my coaching goals. I have the right to participate and/or refuse to participate in any activity/exercise my coach suggests.
- I understand the potential benefits and the potential risks involved in coaching activities with horses.



- I understand that I will be asked to sign a liability waiver for Equus Coaching services and I may also be asked to sign a liability waiver at the ranch facility where the Equus Coaching will take place.
- I understand that from time to time, information may be shared with other coaches for training and feedback purposes; however the client's identity and any other identifying information will always remain anonymous.

Our signatures on this agreement indicate full understanding of, and agreement with, the information outlined above.

Client Signature _____ Date: _____

Coach Signature _____ Date: _____